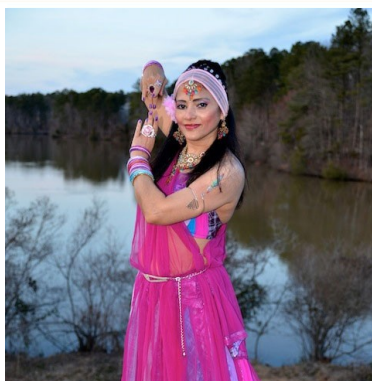


Teen and Adult Programs

May - August 2013



Lunch Time Dance Fitness

Ages 16 and up. Join certified fitness instructor Patricia McDonald in a lunch time workout! This class blends upbeat music with fitness moves for a full body workout. This program is for all fitness levels. Class fee: \$5 per day.

Tuesday

12:00 pm - 12:45 pm

Zumba Dance Fitness

Ages 16 and up. Zumba is a aerobic fitness class using rhythms from Latin music. This class combines body sculpting movements with easy to follow dance steps! You may bring small weights. Instructor is Portia Walton. Class fee: \$5 per class.

Mondays

6:00 pm - 7:00pm

Thursdays

6:30 pm - 7:30 pm

Fitness- Bollyrobics

Age: 15yrs. and up. Bollyrobics is a group fitness class and an energetic & exhilarating workout, based on signature Bollywood moves. This dancercise class will make time fly fast and the pulse race hard! Movement range from low to high impact, providing cardio, stretching, strengthening of joints, toning, better flexibility, posture and increased energy! Fun for all, easy enough to follow along, great for dance lovers of any ability! Instructor: Priya Chellani, Indigo Dance Evolution. Course Fee: \$48

144096

May 7-Jun 25

Tu

7:30 PM-8:30 PM

144097

Jul 9-Aug 27

Tu

7:30 PM-8:30 PM

Shotokan- Adults

Age 15 and older. Shotokan stresses cardiovascular health, strength development, coordination and overall physical fitness. Have fun, learn a traditional martial art and enjoy a challenging workout! Class is on Mondays and Wednesdays from 7pm-8pm. Instructor is Eric Blaize. Class fee: \$15

140747

May 1-29

W, M

7:00 PM-8:00 PM

140748

Jun 3-26

M, W

7:00 PM-8:00 PM

140749

Jul 1-29

M, W

7:00 PM-8:00 PM

140750

Aug 5-28

M, W

7:00 PM-8:00 PM

Barwell Road Community Center

3935 Barwell Road, Raleigh, NC 27610 | Phone: (919) 329-5994
E-mail: Barwell.Road@raleighnc.gov | Website: www.raleighnc.gov



Fitness Room

Our Fitness Room houses two treadmills, two recumbent bikes, three elliptical machines, a universal machine, Smith Machine, Dip Machine and free weights. Membership options include a \$2 daily pass, \$15 for a 30 day membership or \$75 for a 6 month membership.

Youth Open Play - FREE

Age 17 and younger. Participants may play pick up basketball or shoot around at the goals. Youth Open Play form must be filled out by a parent or guardian. All Open Play Policies must be followed.

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|--------|--------------|----|------------------|
| 142374 | Jun 4-Aug 27 | Tu | 11:00 AM-1:00 PM |
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Dance—Jazz II

Ages 13 years and up. This class uses the latest sounds in R&B and pop music with movements influenced by some of the hottest choreographers. Hip hop has elements of poppin', locking, breaking and freestyle movement for students to develop their own style. Instructor: Ms. E, owner of the Ethyl Lassiter's Dance Ensemble. Class fee: \$43.

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|--------|----------|----|------------------|
| 140771 | May 4-25 | Sa | 12:00 PM-1:00 PM |
| 142407 | Jun 1-29 | Sa | 12:00 PM-1:00 PM |

Dance- Bollywood Teens & Tweens

Age: 11-17 yrs. Bollywood style of dance combines movements from the vibrant Indian flavors of katthak, popular energetic folk dances of India and a broad spectrum of world styles. Dancers learn basic patterned footwork, body lines and movement transitions. Surprise your friends, family and classmates with your new experience in cultural dance. Instructor: Priya Chellani, Indigo Dance Evolution Academy. Course Fee: \$60

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|--------|--------------|---|-----------------|------------------------|
| 144092 | May 3-Jun 14 | F | 6:30 PM-7:30 PM | *no class on May 24th. |
| 144093 | Jun 21-Aug 2 | F | 6:30 PM-7:30 PM | *no class on July 5th. |
| 144094 | Aug 9-Sep 13 | F | 6:30 PM-7:30 PM | |

Dance- Bollywood Dance like a Star!

Age: 18yrs. and up. Bollywood style of dance combines movements from the vibrant Indian flavors of katthak, popular energetic folk dances of India and a broad spectrum of world styles. Dancers learn basic patterned footwork, body lines and movement transitions. Surprise your friends, family and classmates with your new experience in cultural dance. Priya Chellani, Indigo Dance Evolution Academy. Course Fee: \$60

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|--------|--------------|---|-----------------|------------------------|
| 144089 | May 3-Jun 14 | F | 7:30 PM-8:30 PM | *no class on May 24th. |
| 144090 | Jun 21-Aug 2 | F | 7:30 PM-8:30 PM | *no class on July 5th. |
| 144091 | Aug 9-Sep 13 | F | 7:30 PM-8:30 PM | |

English as a Second Language (ESL) - Clases de Ingles

Age: 18yrs. and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

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|--------|---------------|---|-----------------|
| 138681 | Apr 24-May 29 | W | 7:00 PM-8:30 PM |
| 138689 | Jun 12-Jul 17 | W | 7:00 PM-8:30 PM |

Basketball - Senior Adult - FREE

Age 50 and older. Join other seniors in playing competitive basketball. Participants play 1/2 court pick-up games. Bring your towel and be ready to sweat! The program is for senior adults.

Mondays/Thursdays 3:00 pm - 6:00 pm

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